

# BERA Recreation Fitness Program

## May-June 2015

BOGO

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ADVANCE REGISTRATION IS REQUIRED FOR THE FOLLOWING CLASSES

*Buy an 8 week session and try another different type/session\* for free! BOGO Mix & Match any of the following classes in this column: Aqua Aerobics, Kardio Kickboxing, Pilates, Yagalates and Zumba. Higher fee prevails. Flex time as needed; come in a bit early, stay a bit late and get fit!*

**Please register on or before April 30, 2015**

### **AQUA AEROBICS** (\$30 1x wk OR \$55 2x wk)

5:30-6:30pm - Pool, Bldg 478

Tuesday: May 5, 12, 19, 26, June 2 & 9

Thursday: May 7, 14, 21, 28, June 4 & 11

### **KARDIO KICKBOXING** (\$35 for 1x or \$65 for 2x)

(See 2<sup>nd</sup> column for pay-as-you-go option)

12:15-1:00pm - GYM, Bldg 461

Monday: May 4, 11, 18, June 1, 8, 15 & 22

Thursday: May 7, 14, 21, 28, June 4, 11 & 18

### **PILATES** (\$35 for 1x or \$65 for 2x)

5:30-6:30pm - Rec Hall, Bldg 317

Monday: May 4, 11, 18, June 1, 8, 15 & 22

### **YOGALATES** (\$35 for 1x or \$65 for 2x)

12-1pm - Rec Hall, Bldg 317

Monday: May 4, 11, 18, June 1, 8, 15 & 22

Thursday: May 7, 14, 21, 28, June 4, 11 & 18

### **ZUMBA** (\$35 for 1x or \$65 for 2x)

12-1pm - GYM, Bldg 461

Tuesday: May 5, 12, 19, 26, June 2, 9 & 16

5:30-6:30pm - REC HALL, Bldg 317

Wednesday: May 6, 13, 20, 27, June 3, 10 & 17

The following activities do not require any registration:

\$ PAY AS YOU GO:

- **Kardio Kickboxing** - contact Recreation Office x2873  
**Mon & Thurs @ 12:15-1:00pm** - Gym (Bldg 461) \$5 per class

FREE, FREE, FREE:

- **Reiki Healing Circle** - contact Nicole Bernholc, x2027  
**Thursday @ 12 Noon** - email berholc@bnl.gov for location
- **Tai Chi** - contact A. Rusek, x5830 - *Great for balance and strengthening!*  
**Mon, Tues, Thurs & Fri @ 12 Noon** - Brookhaven Center, North Room (Bldg 30)
- **Yoga** - contact Penka Novakova, penka@bnl.gov  
**Wednesday @ 12 Noon** - Brookhaven Center, North Room (Bldg 30)

### **WEIGHT ROOM - BERA Body Building Club (BBC)**

Sign up for ALL members must be IN PERSON. Every January ALL membership renewals are due. NOTE: All Guests/Users & Family Members must show their Medical Insurance card @ Bldg 400, Recreation Office.

**POOL HOURS** and activities vary, so please check the on-line schedule. <http://www.bnl.gov/bera/recreation/pool.asp>  
You have the option of paying on a daily, monthly or quarterly basis. Individual or family memberships are also available. All admission fees are paid at pool the desk.

**BERA Club** information can be found at:  
<http://www.bnl.gov/bera/recreation/clubs.asp>

----- Complete and return with your registration fee on or before APRIL 30, 2015 -----

### **2015 BERA RECREATION FITNESS REGISTRATION** **Aqua Aerobics, Kardio Kickboxing, Pilates, Yagalates & Zumba!!** **May - June 2015**

1<sup>st</sup> Activity: \_\_\_\_\_ Fee Paid \_\_\_\_\_ 2<sup>nd</sup> Activity FREE: \_\_\_\_\_  
(Higher fee prevails if there is a difference)

Name: \_\_\_\_\_ BNL Life/Guest Number: \_\_\_\_\_  
(Please Print)

Phone Number: \_\_\_\_\_ Email address: \_\_\_\_\_

**MUST PROVIDE: Emergency Contact Person and Phone Number**

Make checks payable to BERA and mail to: Recreation Office, Building 400A

**Proof of Medical Insurance is required for all Guests/Users & Family Members, come to Recreation Office (400A) to present insurance card**

**\*\*Please check with your physician before starting any fitness program.**